

SWISS MOONLIGHT SCENE.

[SEE PAGE 261.]

Good Health

An Illustrated Monthly Magazine Devoted to
Hygiene and the Principles of Healthful Living.

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Editorial Chat.

Patent Medicines Outlawed.

THE city of Geneva, N.Y., we are told, will hereafter issue no licences to dealers in patent medicines and nostrums, the mayor wisely believing that the loss to the city will be more than made up by the gain to the people. In America and on the continent there is quite an awakening on this subject, and sales give signs of diminishing; but Great Britain is still an eager customer.

An Experiment in Mastication.

CHEWING reform is attracting considerable attention in America. Professor Irving Fisher, of Yale University, has recently concluded an experiment on a body of students, lasting four and a half months. The experimenters were allowed to eat whatever they desired; but thorough mastication was insisted upon. Of their free choice they were eating at the end of the experiment only one-sixth as much flesh food as at the beginning, while "their strength and endurance had more than doubled."

Cold Feet.

MANY people whose work is largely sedentary suffer from cold feet during the greater part of the year. The cause is to be found partly in the fact that, while in most offices the temperature is lowest near the floor (often with a strong draught), the feet are not clothed as warmly as other parts of the body. Moreover, they are most remote from the centre of circulation. Sometimes the feet are cold because the sole of the boot is wet, and the dampness

permeates through. A good, well-made boot with a thin layer of cork would obviate this difficulty.

How to Improve the Circulation.

SOMETHING needs to be done, however, to increase the circulation of blood in the feet, and thus enable them better to resist the cold. The so-called "Kneip's Gang" is an excellent procedure. It consisted originally in having the patient walk barefooted over the wet grass immediately on rising in the morning. But it can be imitated in its essential features by stepping about in a bath containing water two or three inches deep. To vary the movement, use one foot to rub the other. Continue the treatment for a few minutes till the feet are almost numb with cold; then rub very briskly with a good bath towel. Dipping the feet alternately in very hot and cold water is also a good procedure. The feet should be kept longer in the hot water than in the cold if this treatment is adopted, but the last dip should be in the cold. Some daily outdoor exercise like walking or running is necessary to a permanent cure.

Cold Baths in Winter.

THE *Vegetarian Messenger* for September contains an interesting letter by Dr. Bowen Davies on cold bathing. The position is taken, we think on inadequate grounds, that cold bathing is undesirable except in "very hot weather, when the effects of cold are counteracted by free perspiration." The writer confines himself for the most part to a discussion of

hypothetical theories concerning the relation of cold applications to uric acid excretion, ignoring what we should consider the most important function of the cold bath, namely, its tonic effect on the circulation. The normal reaction following the application of cold results in bringing the blood to the surface, and somehow also increasing the number of red blood corpuscles in circulation. Thus the skin is rendered active, and the whole system gains in vigour and hardiness, especially in its ability to resist cold.

Cold Plunge Unnecessary.

NEVERTHELESS, we are not inclined to advise persons of sedentary habits to take a plunge in ice-cold water on a chill winter morning. The shock is severe even to the most vigorous persons, and may result in harm, such as inflammation of the kidneys, or pneumonia. Cold plunge baths, if taken at all in winter, should be taken in a well-warmed bath-room, and even then the water need not be at the freezing point in order to secure a good reaction. Too violent effects are always to be shunned as likely to cause harm.

The Wet Hand Rub.

PROBABLY the best kind of a cold morning bath in the winter is the wet hand rub. All that is needed is a washbowl full of cold water and a good bath towel (the latter should be preferably white, always bleached, and sufficiently strong to be used with vigour). This bath can be taken in a cold room; in most cases it will be the bed-room. The bather standing in a pair of woollen slippers first washes face, neck and ears, after which these parts are quickly wiped. If he wears pyjamas, the upper one is then removed, and the hands are used in applying the cold water quickly to the chest and arms, followed by vigorous use of the towel. The undershirt may then be slipped on if desired, and the lower part of the trunk, legs, and feet taken in quick succession. The whole operation can be done in little more than five minutes. The exposure in such a bath is but slight, and if the towel is thoroughly used, every

part of the body will be red and glowing with warmth. The feeling of buoyancy and health will be immediate, and will continue all the day, while the ability to resist cold will be greatly increased. The secret of success lies in being expeditious. This kind of bath is excellent the year round, but in the warmer parts of the year most healthy persons will very likely prefer, if a bath-room is available, to have a cold plunge.

Warm Baths.

A HOT bath for perfect cleanliness may be taken to advantage twice a week, preferably at night shortly before retiring. Even if it is necessary to go to a bath house, this warm or hot bath should be taken in the evening. There will be no special danger of taking cold following such a bath, if the skin is kept active and vigorous by some form of cold bath.

Reading for the Neurasthenic.

IN a paper on "Gastric Neurasthenia," reported in a recent number of the *British Medical Journal*, Dr. Hugh A. MacCallum, of Western University, Canada, dropped the following useful hint:

"While rest, feeding, open air, massage, cold bathing and exercise are required, the most essential element in the neurasthenic treatment is the training of the body and mind. The latter may be helped by the reading of certain books. It has become my practice to reach certain patients by way of the printed page, after failing with oral instruction. Often a passage from the Bible is more impressive than volumes of secular literature."

We heartily commend this sentiment. There is healing, both for mind and body, in the Gospel, rightly understood and appropriated, and no book in all the world can approach the Bible as a source of peace, of deep soul-satisfaction, and of lasting joy. More than one poor neurasthenic patient needs, more than anything else, to appropriate that beautiful promise of the Saviour's: "Come unto Me, all ye that labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls."

Education Reform.

A DISTINGUISHED medical deputation, received a short time ago by Mr. Birrell, urged the adoption of the following much-needed measures, according to the *Daily News* :—

“(1) The recasting of the general science teaching, so that the principles of hygiene and temperance can be embodied in the curriculum without constituting a new subject; (2) The teaching of hygiene and temperance in all training colleges and to all student teachers; (3) The inclusion of hygiene and temperance among the subjects concerning which the inspectors must report.” In the course of a sympathetic reply, Mr. Birrell said it was necessary to enlighten the whole community on these subjects—“to interest parents in open windows, cleanliness, and good food; to make the children learn the importance of these, and to get the teachers eager and anxious to teach them.” This is a large order, no doubt; but there is nothing the country stands in greater need of than just such instruction in simple health principles. Ignorance of physical laws is a chief cause of disease and of physical deterioration.

Delights of Davos Platz.

A VISITOR to the famous resort contrasts the climate with that of Great Britain in these words :

“Instead of the mud and dirt of ‘town’ you have a world of pure snow, where neither dust nor mud are known for half a year. For the dull light and murky cloud of London you have the powerful afternoon sun shining through crystal-clear, thin, frosty air, out of a dark-blue sky such as you see nowhere else except in Italy. You take a long, deep breath. The air is—another thing altogether! It is a luxury to breathe—a tonic. You feel its cold purity in your throat and lungs, but you no longer feel cold as you did in the muggy town.”

The People's Friend.

THE death of Baroness Burdett-Coutts removes from our midst a woman of rare nobility of character, who, inheriting an ample fortune, used it in doing good, and became rich in love and good works. She was a true friend of the working classes, and never wearied in her efforts to better

their conditions. Dr. Jowett used to say that “to have a great work in progress is the way to live long.” No doubt Lady Coutts' philanthropic activity combined with simple wholesome habits to prolong her useful life more than twenty years beyond the allotted threescore and ten. She will be widely missed, for she was one of England's worthies.

Clean Milk for Worthing.

CLEAN milk is one of the great needs of this country, and we are glad to see that a movement is on foot to supply it. Worthing is the fortunate town chosen for a demonstration of the feasibility of the Danish “Casse” mode of handling milk. The Coulham Dairy (with depot no. 1 at 127 Tarring Road, West Worthing) is selling the milk of a fine herd of Guernsey cows, which have been found, after rigid application of the tubercular test, to be wholly free from disease. The herd is under careful veterinary supervision, and the proprietors feel that they can absolutely guarantee the milk which they supply. “From first to last,” to quote from the circular, “the Coulham Dairy aims at freedom from disease, freedom from dirt, pure milk uncontaminated from the cow to the customer.” The milk, after being drawn from the cows, is put through an elaborate system of filtration, then passed into bottles and sealed for delivery to the consumer. This system has worked admirably in Denmark, and there seems to be no reason why it should not prove thoroughly satisfactory in this country. We wish the enterprise every success, and hope that it will prove to have been the pioneer in a great movement to put the country's milk supply on a thoroughly scientific basis.

WE are pleased to note that Messrs Gale & Polden, 2 Amen Corner, London, E.C., have put out a new and enlarged edition of “**The Art of Breathing as Applied to Physical Development**,” by A. L. Hoper Dixon, Surgeon Captain of the Army Medical Staff. This little book should be in the hands of every physical culturist as it deals in a practical and sensible way with one of the most important phases of the subject. Full, deep breathing is most essential, and the exercises given by this book should prove invaluable.

THE "LIVING-IN" SYSTEM AND THE NATION'S HEALTH.—*Concluded.*

BY M. ELLSWORTH OLSEN.

How are shop-assistants fed? In some "living-in" establishments the board is fairly good, but in a large number of such institutions the food is of inferior quality and poorly cooked, the employees being compelled to spend a considerable part of their earnings in obtaining extras. The charge made for board is often out of all proportion to its cost; thus a well-known Manchester house charges each assistant £40 a year for food and lodging, but offers him only £10 a year increase of salary when, under stress of special circumstances, he is permitted to live out. The following is given as the weekly bill in an average house in London:—

Bill of Fare.

BREAKFAST.

Bread and butter, or dripping, tea or coffee.

DINNER.

MONDAY: hot roast mutton, potatoes.
 TUESDAY: cold roast beef, potatoes, currant pudding.
 WEDNESDAY: stew.
 THURSDAY: cold salt beef, potatoes.
 FRIDAY: hot roast beef, potatoes, boiled pudding.
 SATURDAY: cold roast beef, potatoes, bread-and-butter pudding, bread, ale, water.

TEA.

Bread and butter, tea.

SUPPER.

Bread, cheese, butter; twice each week, fried or baked pudding; ale, water.

The dinner menus for a week in another house are as follows:

SUNDAY: pork.
 MONDAY: beef, hot.
 TUESDAY: beef, cold.
 WEDNESDAY: mutton, hot.
 THURSDAY: mutton, cold.
 FRIDAY: beef, hot.
 SATURDAY: beef, cold, and resurrection pie. On Thursday there is a rolypoly pudding, or stewed fruit, densely thickened with sago.

Merely reading the menus, however, gives a very inadequate idea of the diet. The butter is often of the poorest, not unlikely rancid, the meat utterly unfit, the tea stewed, and cooking and serving anything but satisfactory. No wonder the

food is sometimes left untouched on the plate, and digestive disorders, anæmia, and similar diseases are very prevalent. Careless cooking and serving is especially trying to persons engaged for long hours in work of a confining character, and deprived of such natural stimulants to appetite as change of scene and environment. As one assistant put the matter: "It is not as though we had a ploughman's appetite, we are cooped up all day without a breath of fresh air, and we cannot eat our food with relish."

Hurried Eating.

Breakfast, dinner, and tea are all hurried meals, liable to interruption. One employer boasted that his assistants usually finished their dinner in about ten minutes. It is not necessary to point out that this hurrying at meals is in itself a grave infraction of the laws of health. It seems, however, to be a part of the "living-in" system.

The surroundings under which meals are taken are not by any means the best. The dining-room is often in the basement, damp, and poorly ventilated, must be lighted with gas the year round, as likely as not it is infested with black-beetles and rats, and has a generally bleak and untidy appearance. The ridiculous rule enforced in some shops, that nothing is to be left on the plate at dinner, is a good instance of the petty tyranny in little things which holds sway in these establishments, where the hapless shop-assistant, whether at business or eating his meals, is continually under the eye of the shop-walker.

Sleeping-Rooms.

The sleeping arrangements were touched upon in the first article of the series. It may be interesting to give here the description of an eye-witness:

"You ascend a flight of crooked wooden stairs from a side street, at the foot of which a porter is supposed to be stationed. He was away the other night when I called at half-past ten. From each landing the bed-room doors open, and from the first floor up to the attic there was little to distinguish one room from another. Seven or eight

iron bedsteads, bare floors, bare walls, no chairs, no chests of drawers, not a stick of furniture in the place. Each assistant keeps his box under his bed, and the box has to hold all his clothes. If anything is left lying about during the day, it is forfeited—a law which is common to many houses."

Some houses do furnish a small chest of drawers, supposed to serve the needs of two inmates. The following is taken from the letter of an assistant in a West-end shop:

although shop assistants are largely drawn from country districts, and enter the business with perhaps a larger amount of health and vitality than most young people, they soon begin to suffer greatly from anæmia, nervous debility, digestive disorders, and diseases of the respiratory organs. The following analysis of medical certificates of claimants on the Sick Benefit Fund of the National Amalgamated Union



AT BREAKFAST.

"This letter is being written under the following conditions: Imagine a room about twenty feet by twelve feet, containing four beds and no chair or table. There is one low stool supplied for the use of the servant girls for drawing blinds, making the beds, etc. By doubling up a pillow I am able to make the stool serve the purpose of sitting on, in order to write on the miserably small chest of drawers (without the pillow the stool would not be sufficiently high). There is a small, a very small, room in the basement, which, for want of a better name, is called the sitting-room, but there it would be impossible to write, the room being crowded with assistants, and reeking with tobacco-smoke, so that the assistant who, either for reading or writing, desires quietness, has to remain in his miserably bare bed-room wrapped in his overcoat."

The long hours of indoor labour, the dreary, monotonous life, and an insufficient dietary cannot but make for physical deterioration, and it is a striking fact that

of Shop Assistants, etc., during the year 1903 will be of interest:

COMPLAINTS CLASSIFIED.	NO. OF CASES.		PER CENT. OF TOTAL.	
	MEN.	WOMEN.	MEN.	WOMEN.
Anæmia and debility.	97	65	9.23	27.08
Digestive diseases.....	240	55	23.07	22.91
Respiratory "	501	91	48.17	37.91
Surgical "	153	24	14.71	10.00
Zymotic "	49	5	4.71	2.08
Total cases.	1040	240		

In concluding this brief series of articles it should be said that "living-in" establishments vary greatly in the accommodation they offer the shop-assistant. Some may be free from most of the evils that have

been pointed out; but in the great majority of cases the conditions at present imposed by the "living-in" system are decidedly detrimental to the health and well-being of the inmates. That which makes it especially open to objection from the point of view of the national health is, that it draws from the nation's healthiest and most capable young people, and subjects them during their period of development to a dreary, monotonous, and disease-inviting life, at the same time rendering them to a very large degree helpless to improve their prospects. In the interests of national health it is to be hoped that a larger portion of young men at least will choose the life of a skilled artisan rather than the highly respectable, but very poorly paid, work of shop-assistant. The artisan has far greater freedom, he dares to call his soul his own, his outlay for clothes is less, his hours shorter, and his wages better.

But there must always be shop-assistants, salesmen, and saleswomen; hence it should be a matter of public concern that this class of workers be paid for their services in money, and be allowed the privilege of finding their own board and lodging, just as other workers. The "living-in" system may have had its uses in an earlier age; but it is clearly out of place under present conditions, and the status of shop-assistants is not likely to be materially improved till the system which has shown itself easily capable of such crying abuses is entirely abolished.

The writer acknowledges with pleasure the valuable information received from Mr. Jas. Macpherson, General Secretary of the National Amalgamated Union of Shop-Assistants, Warehousemen and Clerks, and Miss Margaret Bondfield, Assistant Secretary.

CATARRH: ITS CAUSES AND TREATMENT.

BY P. A. DEFOREST, M.D.

THE body may be aptly compared to a tube having two surfaces—an external, the skin and an internal surface consisting of the mucous membrane of the alimentary canal, with the canals which open into it. The respiratory and genito-urinary passages are also lined with a special form of mucous membrane. These surfaces are not only engaged in the work of absorbing and secreting, but they have an excretory or eliminative function as well. The kidneys, skin, intestines, liver and lungs excrete or eliminate from the blood effete matters of gaseous, liquid, or solid nature, all of them being poisonous when retained in the body. The quality and the quantity of the poisons thrown off from these surfaces vary with the activity of the organs engaged in excretion, and the amount of poison ingested or formed in the body. The fullest activity of all of the excretory organs is necessary to prevent the accumulation of the natural waste products, and when one or more of them fail of accomplishing their part, the remaining organs are taxed to their utmost capacity, overloaded, and finally enfeebled,

so that the effete matters accumulate in the body. This is autointoxication, which may be said to be the fundamental cause of catarrh. The circulation is unbalanced because of imperfect and irregular nerve action. The nerves are either irritated by irritant poisons or anæsthetised by hypnotic poisons. These poisons produce fatigue, lassitude, and a disinclination to active exercise. The blood-stream stagnates, and catarrh ensues.

The circulation is further unbalanced by excessive brain work, sedentary life, constipation, too much clothing on one part and not enough on the other, too warm rooms, too much food, corsets, tight shoes, and a host of other causes which produce autointoxication indirectly, and at the same time break down the vital resisting power of the tissues.

This state of autointoxication does the mischief as it establishes a vicious circle, in which the bodily functions are performed with gradually increasing difficulty. The harmonious action so necessary to health is interfered with, and the wheels of life are clogged,

The sufferer from catarrh must shake off his distaste for active exercise. The health of the excretory organs depends on the activity of the body as a whole. Muscular exercise enables the liver to excrete more bile, the lungs being more active throw off more carbon dioxide and organic poisons, the kidneys are spurred on by the



POCKET VAPORISER.

nervous system and the increased circulation to eliminate a variety of excrementitious and highly toxic products, the skin is forced into activity to get rid of the excess of heat produced

by muscular activity, and the perspiration which ensues drains away much poison. The strength imparted to the muscles reacts on the muscles of the intestines, and constipation is overcome, and thus the clogged system is relieved by its own efforts.

If one excretory organ is especially congested and catarrhal, it is well to stir up the others to renewed activity, so as to give the sick organ a rest. If nasal catarrh is present, the liver needs treatment. Cholesterine, an excrementitious substance found normally in the bile, is often present in the secretions of nasal catarrh, which fact shows the mutual interdependence of the organs. In this case the liver has perhaps been loaded down by poisons from coffee, tea, tobacco, meat, old cheese, condiments, fried foods, bad combinations, fermented foods and alcohol, not to speak of its own work in eliminating normal tissue poisons.

The way to health is to stop this way of living and try a better one. Eat pure food, breathe pure air. Dilute the poison-laden blood-stream with pure water. Stir up the unused muscles and set them going to help the heart, for every muscle is another form of heart—a pump to accelerate the flow of blood and lymph. Keep the skin clean and active. The poisons thrown from the epidermis are re-absorbed if not frequently removed; therefore bathe and change the clothing often. Work for

health and it will be yours, and catarrh will be left far behind.

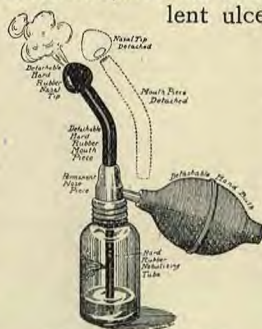
Local Treatment.

Catarrhal surfaces being but an expression of inward intoxication, with outward infection, one of the best means of cure is to cleanse the nasal or other passages of mucus, for mucus is almost always infected with pus germs and other microbes.

Local treatments are positively indicated in germ catarrhs, or where local infection is present, with or without general unbalancing of the circulation, because the microbes generate poisons which tend to perpetuate the evil.

The common method of cleansing is to irrigate the passages by water, in which medicaments are dissolved. Here is a good formula: Biborate of soda, one part; bicarbonate of soda, two parts; common salt, three parts; one to three tablespoonfuls per quart of *very hot water*.

The value of very hot irrigations to stimulate vital activity cannot be overestimated, whether it be used on old, indolent ulcers with granulated



GLOBE NEBULISER.

surfaces, or simply as a nasal wash. Common salt alone—a little less than one per cent. solution injected by irrigation, or snuffed up from a sponge at a temperature of 115°-130° Fahr.—is also good.

Medicated solutions may be applied by means of a good nebuliser or vaporiser.

Another formula for irrigation purposes is the following:

Listerine	10 parts.
Sodium chloride ...	20 "
Boracic acid	20 "
Benzoic acid... ..	1 part.
Water at 115-130° Fahr.	1,000 parts.

DR. RIDGE says: "There is as much nourishment in a pennyworth of bread as in a gallon of ale."

A REVIEW OF SOME HEALTH MOVEMENTS OF LAST CENTURY.*

BY ALEXANDER BRYCE, M.D., D.P.H., CAMB.

THE last century was especially fertile in the suggestion of expedients for the bettering of our physical existence, and it will be most interesting to pass in review the more prominent of these movements, each one, for the time, being looked upon as the philosopher's stone, the true elixir vitæ, opening up the way to a perfectly healthy existence. The evolution of our present-day methods of natural health did not take place in a day, but is rather an efflorescence from seeds sown during the last two hundred years. There never was a time, indeed, when such methods of natural healing were more needed than at the present day, when physical deterioration is such a rampant subject.

Race Degeneracy.

Many causes have been assigned for this degeneracy, but I do not recollect to have noted what appears to me to be the most important; viz., that levelling down of the health of the community brought about by the great number of weaklings, who, on account of improved sanitary methods, are to-day saved alive, and who, otherwise, in the struggle for existence would have gone to the wall as unfit. Each year a greater proportion of such weaklings are saved alive to dilute the strength of the general population by marrying and bringing forth children not quite so strong as they would have been with more healthy progenitors. Bereft of their birthright of health, they quickly learn their inability to take such liberties with their constitutions as their forefathers were wont to do, and having found their limitations, if they are wise, they adhere to them. For some such, the struggle after health is a daily one, and our review of the various health movements of last century will but prove to be an epitome of what each man has to find out for himself.

Total Abstinence.

1. One of the first and, probably at the time, most important movements

for the amelioration of society was the total abstinence movement. It took its origin towards the beginning of last century and from its very infancy began to suffer from the rash and immoderate statements of some of its most enthusiastic advocates. I have always been one of its most uncompromising adherents both in precept and practice, so that anything I may say is entirely without prejudice or bias against the undoubted advantages to the individual and society of the total abstinence movement. Many influential accessions to its ranks have been due to my wholehearted advocacy of its tenets, and I am quite at one with the most recent scientific testimony both as to the worthlessness of alcohol as a food and its too highly praised merits as a medicine. But I deprecate the extreme statements often made in temperance circles, which cannot be backed up by scientific proof.

Total abstinence has had advocates even from amongst men who were not abstainers. Lord Bacon said, "Not one man in a thousand dies a natural death, and most diseases have their rise from intemperance." Balzac, who killed himself by excessive coffee-drinking, said that "people dread cholera, but brandy-drinking is a far worse plague." Dr. Edmund A. Parkes, who allowed that one ounce of whisky was capable of being utilised as a food by the body, and might therefore be considered moderation, said, "If alcohol were unknown, half the sin, and three-quarters of the poverty and unhappiness would disappear from the world." Sir Wm. Gull said: "Alcohol is the most destructive agent we are aware of in this country." Professor Miller says: "Alcohol is a poison. In chemistry and physiology this is its proper place." Professor Reignault says: "It is a poison; injected into the veins it produces sudden death." Dr. A. C. Lee says: "All writers on materia medica now rank alcohol among the most powerful and fatal of narcotic vegetable poisons." Sir Astley Cooper said: "I never suffer ardent spirits in my house,

*Partial report of Presidential address to the Birmingham Natural Health Society, 1906.

thinking them evil spirits, and if the poor could witness the white livers, the dropsies, the shattered nervous systems which I have seen as the consequences of drinking, they would be aware that spirits and poisons are synonymous terms."

Business men are perfectly clear, from the statistics of insurance companies, that the use of any alcohol-containing solutions as beverages, i.e., as part of the daily diet, is productive of a condition inimical to the continuance of perfect health and the enjoyment of long life. Roughly speaking,

there are people who use alcoholic liquors, and in spite of this live a fairly healthy life to a good old age.

Hydropathy.

2. Some time at the beginning of last century hydropathy began to be very much in vogue, and it was alleged that its practice was calculated to cure all incurable diseases, and banish all possible disease from the face of the globe. All over the country institutions arose for the practice of the water cure, and people who had



PRIMITIVE HYDROPATHY.

the claims in the temperance section of an insurance company are about seventy per cent. of the expectancy, whereas in the general section they are but slightly below the expectancy. But all this being granted, the contention that the practice of total abstinence was the keystone of perfect health, the only thing necessary to bring it about, and the one thing without which a long life was impossible, has not and cannot be proved. It is an item, and a hugely important item, in the lives of probably the great majority of people; but this need not make us close our eyes to the fact that

failed to be cured by the orthodox means flocked in their thousands to be restored to health by this new and reputed pleasant method. In some shape or form it penetrated every house in the country, and the use of water externally became as fashionable as its use internally. It was soon seen, however, that too much had been claimed for the method, and the fine buildings, erected ostensibly as private hospitals for the treatment of disease, rapidly degenerated into nice temperance hotels for the reception of the healthy, until to-day hardly a pure hydropathic can be dis-

covered in the country. Precisely the same mistake was made, as we have already seen, in connection with total abstinence—too much was claimed for it. The most extravagant statements as to its ability to cure all disease were made by its advocates, and it failed to come up to expectations.

Extravagant Claims.

Listen to some of the extravagant claims made for this method of treatment. In 1843 Dr. Graham, in a treatise on the subject, advocating a modified practice of the method, quotes some of his competitors as claiming that it was "a perfect cure for all diseases." Although mankind is convinced that no such thing exists, or can exist in the present state of things, they are invariably caught by this net. So infatuated are men in contemplating a power which they would fain

believe to exist—if it were possible—or which they earnestly desire might be found on earth, that whoever raises such a standard is sure of having very many to flock around it. Others equally bold in their presumptuous claims were a little more specific in their statements, as, for example: "Scrofula, rheumatism, gout, dyspepsia, and many other serious complaints are cured by the dozens." This is not quite so incomprehensible, because it is quite possible that select cases of all these maladies may be either cured, or at least very much improved by the practice of hydropathy. But in books on the subject written at this period, such statements as "quite infallible" were perfectly common, and the impression left was that cold water externally was the only remedy worth anything.

(To be concluded.)

THE TREATMENT OF CONSTIPATION.

BY ALFRED B. OLSEN, M.D.

SLUGGISH action of the bowels seems to be the rule with many people, rather than the exception. The abnormal retention of the bowel contents is a prolific source of physical disorders and discomfort. During this retention there is more or less absorption going on, and harmful products find their way into the blood, where they become a menace to health. The result is autointoxication, or self-poisoning. Much of the headache which is so prevalent, and many other aches and feelings of discomfort are undoubtedly due to chronic constipation.

The Use of Medicine.

The natural tendency of those suffering from inactive bowels is to take loosening medicine, but this is a great mistake. Laxatives and purgatives, while doubtless giving temporary relief, cannot be depended upon to effect a permanent cure. Only too frequently they serve rather to confirm the disorder, and at the same time establish a pernicious habit which it is often difficult and sometimes impossible to overcome. As time goes on it is usually found necessary to increase the dose of the medicine, or resort to some stronger

drug, and this, of course, is very undesirable, and may become dangerous.

Furthermore, such medicine is certain to produce harmful effects upon the stomach, liver, and bowels, as well as other organs, especially when persistently used.

A Natural Remedy.

In the enema, or water injection, we have a perfectly natural remedy for constipation. Water is a solvent and cleansing agent. From one to three or even four pints may be introduced into the bowels of an adult without the slightest danger of ill effects. The water is passed into the rectum and colon by means of a bulb or fountain syringe. The latter is probably the most convenient method. A good fountain syringe, consisting of a four-pint can, rubber tube, and suitable nozzle, costs five or six shillings, and can be had of any chemist.

Temperature and Quantity of Water.

For ordinary constipation a tepid or cool enema, consisting perhaps of about two pints, is recommended. Three pints of water at 90° Fahr., to which some good soap has been added, may also be used.

The soap enema makes an excellent cleansing agent for the bowels.

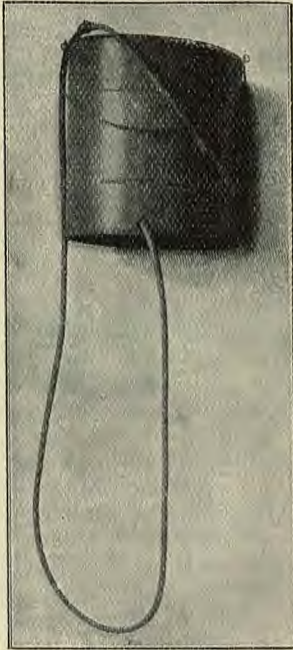
Have the patient lie on his back or left side. It is well to elevate the hips if he is on his back. Run the water in slowly at first, especially if cool. Otherwise it is difficult to retain.

To give a large full enema put the patient in the knee-chest position, that is,

slowly, to prevent its premature expulsion.

Such a course of treatment will last twelve days, and may have to be repeated several times before securing complete success.

Under ordinary circumstances the temperature of the enema may vary from 60° to 95° Fahr., and in quantity from one to four pints.



METAL FOUNTAIN.



SYPHON BAG.

ENEMA APPARATUS.

on his knees with chest and head down. This position enables the water to penetrate farther into the bowels, and so produces a more complete cleansing.

The Graduated Enema.

There is a special form of enema which is useful in educating the bowels to normal activity, and overcoming the enema habit which one might fall into. In taking this treatment one begins with about three quarts of water at 90° Fahr., diminishing the quantity and lowering the temperature a little each day, till the patient is able to have an action of the bowels without the enema. As the temperature diminishes, it is necessary to give the enema more

It is hardly necessary to add that the adoption of a diet consisting largely of fruits, cereals, and nuts, will be found extremely helpful in securing natural action of the bowels. Well-stewed prunes, sweet oranges, ripe bananas, and mellow apples being especially indicated. Granose flakes and other whole-wheat and cereal foods are also found most beneficial, and for those who can digest them, garden vegetables. Tea is a frequent cause of constipation, and would best be omitted from the dietary.



We are pleased to learn that the well-known Food Reform Restaurant on Furnival Street has now extended its premises by taking a part of the adjoining building. A new dining-room has been erected and the kitchen accommodation enlarged, so that increased promptitude and efficiency of service can be had. The fine quality of cooking

at this restaurant and the excellent service have earned for it a very encouraging patronage. There is no doubt the institution is accomplishing much in making known the advantages of a simple, natural diet. We hope that readers of GOOD HEALTH who may not be acquainted with the place will give it a trial at their earliest opportunity.



THE secretary of the Glasgow Health Culture Society has favoured us with a programme of the winter gatherings of the Society. The programme is a most interesting one, and reflects credit on the officers. We note the Society has a well-selected health library, which should be a great help in spreading the principles.



“A²FALSE faith can only float in smooth water, but true faith, like a lifeboat, is at home in storms.”



OUT-OF-DOORS IN FEBRUARY.

NOT only in the warm, sunny days of spring and summer, but also in late autumn and winter is it a delightful thing to be out-of-doors. The keen air is bracing, it makes brisk walking enjoyable, and over all the face of nature there is something to observe and admire. Richard Jefferies writes most sympathetically of this often unappreciated season of the year in "Out-of-Doors in February," one of the best chapters of his admirable book, "The Open Air."* We should like to quote it entire, but must limit ourselves to a few extracts. What a refreshing picture is sketched for us in the following lines:

A Touch of Spring.

"There is very often a warm interval in February, sometimes a few days earlier and sometimes later, but as a rule it happens that a week or so of mild, sunny weather occurs about this time. Released from the grip of the frost, the streams trickle forth from the fields and pour into the ditches, so that while walking along the footpath there is a murmur all around coming from the rush of water. . . . With this murmur of water, and mild time, the rooks caw incessantly, and the birds at large essay to utter their welcome of the sun. The wet furrows reflect the rays so that the dark earth gleams, and in the slight mist that stays farther away, the light pauses and fills the vapour with radiance. Through this luminous mist the larks race after each other twittering, and as they turn aside, swerving in their swift flight, their white breasts appear for a moment. As while standing by a pool the fishes come into sight, emerging as they swim round from the shadow of the deeper water, so the larks dart over the low hedge, and through the mist, and pass before you, and are gone again. All at once one checks his pursuit, forgets the immediate object, and rises, singing as he soars. The notes fall from the air over the dark, wet earth, over the dank

grass, and broken, withered fern of the hedges, and listening to them it seems for a moment spring. There is sunshine in the song: and the lark and the light are one. He gives us a few minutes of summer in February days."

The writer goes on to tell how the enthusiastic rambler may make his walks count in enlarging his knowledge of the district. He may, for instance, take note of the character of the soil, which is plainly open to view "where the plough has turned it, where the rabbits have burrowed and turned it out," or "by the brook where the bank is worn away." Later on when the weeds and corn have hidden it, a spade is necessary. February is also a good month in which to collect specimens of shells and to note the general configuration of hills and valleys, also to examine the bark and branch arrangement of common trees, and as far as possible learn to distinguish the different varieties from these particulars only.

Prospecting for Flowers.

"Going slowly along the footpath—indeed you cannot go fast in moist February—it is a good time to select the places and map them out where herbs and flowers will most likely come first. All the autumn lies prone on the ground. Dead, dark leaves, some washed to their woody frames, short grey stalks, some few decayed hulls of hedge fruit, and among these the mars or stocks of the plants that do not die away, but lie as it were on the surface waiting. Here the strong teasel will presently stand high; here the ground-ivy will dot the ground with bluish purple. But it will be necessary to walk slowly to find the ground-ivy flowers under the cover of the briers. These bushes will be a likely place for a blackbird's nest; this thick, close hawthorn for a bullfinch; these bramble thickets, with remnants of old nettle stalks, will be frequented by the whitethroat after a while. The hedge is now but a lattice-work

*Published by Chatto & Windus, 111 St. Martins Lane, W.C.

which will before long be hung with green. Now it can be seen through, and now is the time to arrange for future discovery. In May everything will be hidden, and unless the most promising places are selected beforehand, it will not be easy to search them out. The broad ditch will be arched over, the plants rising on the mound will meet the green boughs drooping, and all the vacancy will be filled. But having observed the spot in winter, you can almost make certain of success in spring."

THE OUTDOOR CLUB.

THE outdoor club is onward. Friends of fresh air and outdoor habits are rallying to its support. We give some extracts crowded out last month:—

Miss F. K. Saunders, a physical culture teacher of Hampstead, suggests that if walks are arranged they should not be too lengthy. She knows one or two rambling clubs that seem to forget that young ladies who are probably at business shut up all the week cannot stand a twelve-mile tramp on Saturday without over-fatigue. She is a strong believer in outdoor principles, and will look forward eagerly to learning more about the movement.

Mrs. S. F. Gillmour, of Belfast, is delighted with the Outdoor Club idea, and thinks it will bring GOOD HEALTH in touch with a large number of people.

Ernest H. Walker, of Sunderland, writes: "I have read with interest the idea of forming an Outdoor Club in connection with GOOD HEALTH. Till about two years ago I was always in ill health and never out of the doctor's hands. A friend of mine told me to try physical culture, and gave me a copy of your valuable and interesting paper. Needless to say, I have taken it in regularly ever since. I went in for fresh air, long walks, and sea-bathing, and became a member of the Wearside Physical Culture Society, of which I am now vice-chairman, and in less than two years I have become a new man, physically, mentally, and spiritually. I have a bathe in the sea every morning right through the year, and live out in the fresh air as much as possible."


Gillingham Branch.

Mr. Stanley Andrews, one of the honorary secretaries announced last month, has organised a branch of the club in Gillingham. We quote a couple of paragraphs from his letter.

"I am pleased to tell you that we had a most successful meeting. There were twelve persons in attendance, and two others have signified their intention to join, having agreed to the principles laid down. We made arrangements for rambles to be held every week, and we meet the first time for a twelve-mile walk through some of our

(Continued on page 276.)

GOOD FOR THE NERVES.



Surely no lover of the open air can read such things without determining to take a good long walk at the earliest possible opportunity, and seeing it all for himself. The whole book is admirably written, and should be in the library of all enthusiastic outdoor people. We hope the readers of GOOD HEALTH will speedily join this company. There is health and to spare out-of-doors, and the fresh air cure is at once safe, natural, and, within reasonable limits, effective.



"OCCUPATION and exercise are the handmaidens of purity and strength."

SEWAGE: AND HOW IT IS DISPOSED OF.—III.

BY H. LEMMOIN-CANNON, A.R., SAN. I., P.A.S.I.,* ETC.

Water Carriage.

IN the water-carriage system of sewage collection, water-closets are an essential feature. These are connected up by drain-pipes (to which also the house waste waters, the drainage from stabling, etc., are admitted) with the public conduits or sewers in the street, into which the washings of the streets, as well as liquid wastes from manufactories and slaughter-houses, pass for conveyance through the main sewerage system to the "treatment" station.

Sewage Farms.

On the introduction of what is now technically known as the *water carriage system*, application to land was still considered the most suitable method of disposal, on the principle that what came "off" the land to be consumed should be replaced; hence *sewage farms* were established by many towns, which acquired land for the purpose of applying their crude sewage thereto.

Land used for this purpose requires to be suitably prepared, and in a situation conveniently near to the town whose

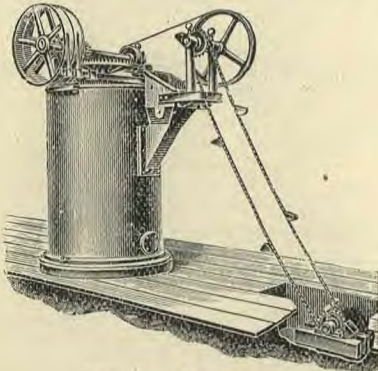


FIG. 1. LIME MIXER.

sewage is to be dealt with. This latter requirement has stood in the way in many instances, or the cost of the requisite land has been prohibitive. The choice of crops, depending on the nature of the soil, also requires consideration.

*Author of "Modern Sewage Disposal: a Popular Handbook," etc.

Although in some instances very large crops have "come off" sewage farms, this is rare. Only in a few cases can the land stand the strain put upon it by the reception of large quantities of sewage, accompanied by excessive amounts of water and liquid town wastes, which not only dilute the manurial value of the excretal matter, but help to clog the land itself.

A financially successful sewage farm is an exception; some of those connected with small towns are more of a success than others, partly owing to the land being much cheaper. The surveyor to a certain Sussex urban district council feels he has to some extent solved the problem by growing peppermint on the sewage farm, this realising a good price.

Intermittent Downward Filtration.

Attention was next directed to *intermittent downward filtration*, in which land is employed for the reception of the crude sewage, but usually no crops are grown on it. This permits of the surface soil being turned over at frequent intervals and exposed to the air for purposes of oxidation, and where each portion of land is given periods of "rest" from the reception of the raw sewage, it can be more satisfactorily dealt with.

Where sufficient land can be acquired either for sewage farming or downward filtration, the methods, if properly carried out, may be considered fairly good, as the earth has exceptional powers both for rendering the crude sewage generally harmless, and removing pathogenic germs. But there is always this possibility: imperfectly purified sewage is likely to escape, to make its way, perhaps, into a brook or neighbouring stream, and contamination may follow, though in the case of running streams it is considered that after three miles all traces of contamination will be lost. Where, however, the solids can be eliminated, and only the liquid portion of the sewage applied to land, it can be more efficiently purified.

1882

The Chemical or Antiseptic Treatment.

These conclusions led to experiments being made with a view to discovering

some suitable method on these lines, and the *chemical or antiseptic treatment* of sewage followed. The separation of the solids from the liquid being aimed at, "settling-tanks" were devised for the purpose. The outfall of the town sewers has to terminate in one or more (usually several) of these "tanks," the number depending upon the

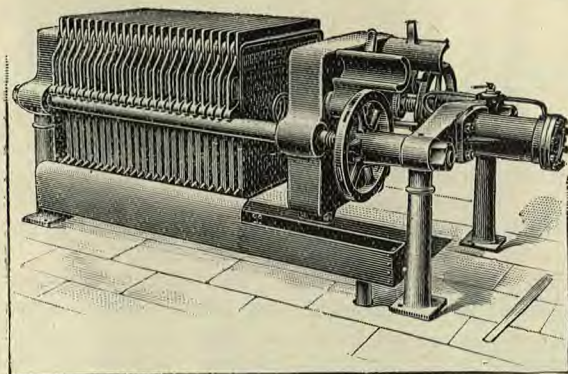


FIG. 2. SLUDGE PRESS.

daily quantity to be dealt with. They are built in the ground of concrete, and are usually very capacious, some holding as much as a million gallons each (sewage is always reckoned in gallons).

Varied and numerous have been the processes tried for aiding the "settlement" of the solids in the sewage while in the tanks, so that the "effluent," or top water only might be passed on to the land for further purification, the solid matter being retained for conversion into portable manure. At the same time it was sought to arrest decomposition and destroy all dangerous organisms.

Alum, blood, charcoal (Sillar's A.B.C. process, now abandoned); lime; sulphate of alumina; herring-brine; the action of electricity (producing certain salts and chlorine); have all been tried to facilitate the settlement of the solids while in the tanks.

Lime, containing a large percentage of calcium, has proved useful as a chemical precipitant; and it is cheap. A lime-mixer (Fig. 1) is needed to prepare the lime for addition to the crude sewage in the settling-tanks.

After chemical precipitation, the solids settle to the bottom of the tanks as

"sludge;" and there is the "effluent," or top water, which is passed off out of the tanks, to be dealt with as well.

First, we will notice what is done with the sludge.

The principal idea has been to prepare it for manure. Though the sludge appears solid, something like ninety per cent. of it is still actually water, hence if it is not dug into the land, if conveniently situated, some process for drying it or squeezing out the moisture is essential. The latter is usually preferred. Some kind of steam filter-press is useful (Fig. 2). The sludge is forced between the plates of the filter-press by the aid of a sludge-ram: the plates are tightened up, and the moisture is squeezed out from the sewage cakes thus formed, and which are then ready to be carted away for sale as manure. The liquid thus pressed out is then pumped back into the precipitation tank for re-

treatment.

Sludge for Street Paving.

In a certain residential town possessing a refuse destructor, these sludge cakes are taken to the destructor and there burned with the ordinary town refuse; the resulting "clinker" is then crushed, mixed in a mill with Portland cement, and placed in "shapes." In these it is subjected to a pressure of 2,500 lbs. per square inch. The slabs thus produced are very satisfactorily employed for paving street pathways.

(To be concluded.)

CHRISTMAS eve at the Caterham Sanitarium was a most enjoyable occasion. Forty-eight poor children were invited in from the village and regaled with a health tea, after which they listened to a magic lantern lecture on the Barnardo Homes, and then, most important of all, received some useful presents from a splendid Christmas tree provided by the patients and workers. Many little hearts were made glad that night, and it was more than a full compensation to the donors to see the children enjoy themselves so thoroughly. The gymnasium was beautifully decorated with festoons of holly and Japanese lanterns, and some good music enlivened the programme. The following evening the lecture was repeated for the benefit of the patients, and a collection taken up for the Homes.

MENTAL HEALING.

BY G. H. HEALD, M.D.

IN the last analysis, disease is of the mind, and cure must come through the mind. Not that bodily infirmity is necessarily imaginary; not that there are no physical as well as mental causes for disease; but that it is the character of the mind that determines whether one is able to avoid the causes of disease.

Health is dependent upon a proper adjustment to one's environment. The ability to make this adjustment depends very largely on the intelligence and the energy of the individual, and these are mental traits.

It is true many enter into life fearfully handicapped. Heredity, unhygienic surroundings, improper and insufficient food, and utter lack of instruction in the simplest laws of health—these constitute the millstone about the neck with which many are compelled to buffet the waves of life; and little wonder it is that many so weighted down sink early in the struggle.

But there are qualities that often more than compensate for a handicap, so that the handicapped animal frequently wins the race.

Helen Keller, blind and deaf, has obtained an education which might well be the envy of many who can both see and hear; and her achievements have been the inspiration of many struggling ones on both sides of the Atlantic.

Booker T. Washington, the child of slavery, cast off the shackles that custom and prejudice had forged, and climbing high on the mountain of fame and achievement, has carved his name in glowing letters that are a source of strength to the timid and faint-hearted of two races.

The story of every great life is a recital of victory over obstacles that, to one of less determination, would seem to be unsurmountable.

Many are vigorous and healthy very largely because they have inherited a superabounding vitality, and possibly they have never had to give much attention to the preservation of health. With superb health to begin with, and with fairly normal instincts, they have not been brought to the necessity of restraining

this habit, or of adopting that practice, in order to have good health.

But this is not the case of all who have good health. Some have health because they have carefully planned and worked for it. "Old Dr. Jackson," of the Jackson Sanatorium, U.S.A., was, when well up into middle age, a veritable drug store, a chronic invalid, with very little hope for health, or even for life. Given up by the doctors, he began to make diligent study of his physical wants, at a time when hygiene, as we now understand it, was in its infancy, and so regulated his life that he lived to a green old age, and taught hundreds of invalids the better way.

Louis Carnaro, the Italian, a hopeless wreck before the age of forty, and given up by his physicians, learned that appetite is not necessarily a correct guide to the needs of the system. Reducing his food to a minimum, and replacing his irregular habits by a simple, wholesome life, he became strong in mind and body, lived to be more than a hundred years old, and by his example and his writings, inspired many to adopt an abstemious life.

Many others might be mentioned who have, as a result of reasoning and experiment, so changed their habits—some in one way, and some in another—that they have materially improved their health, and lengthened their lease of life.

This is only another phase of the old story; brains—intelligence and energy—solve the problems of life, making the necessary adjustments, the reward being increased strength of body and mind.

Perhaps one of the most serious handicaps is inability to read "the handwriting on the wall" of one's organs and tissues. Many are suffering the consequence of having a mind not able to adjust the body to its surroundings. Many who find themselves in failing health, fall prey to patent medicine men or other quacks, who hasten their downward tendency; or by studying themselves, they have become hypochondriacal; or perhaps experiment on themselves with disastrous results.

Few have the intelligence, unaided, to work out their own physical salvation.

Many, by profiting from the experience of others, have been thus benefited; and yet, if we give the matter careful attention we must realise that the adjustment which has been best for one person is not necessarily the best for another. Not everyone who adopts Carnaro's diet will live a hundred years. All will not be benefited who adopt the "no-breakfast" plan. The slogan, "Bread is the staff of death," of one class of vegetarians, may have been a means of health to some, but it would certainly not be a benefit to all. The purin-free diet, the exclusive milk diet, the fruit diet, the raw food diet, and numerous others, all have their earnest adherents, who probably have been helped by them; but it is not at all probable that any one of these methods would be universally useful.

The intelligent man will not adopt any exclusive form of living simply because it has brought relief to others, but will study the principles underlying the matter of health-getting for himself. Healthful living is not a theory to be lived out, a cult to be defended. One should not adopt some health system, as many do a political party, to stick to it through thick and thin irrespective of results. Each one's health system should be his own, growing and expanding with his experience. If it is not producing definite results, he should promptly recognise that something is wrong, and proceed to investigate the matter until the cause is found.

Many who have developed a health system for themselves, have erroneously concluded that the system should be universally adopted. An illustration of the absurdity of this is the woman who,

at the age of 105, attributed her long life to the fact that she had always used whisky and tobacco! If I take a cold plunge every morning, and live to be 97, it does not necessarily follow that the daily cold bath was the cause of my long life, and it would be illogical for me to urge everyone to take cold baths whether or no.

Eustace Miles is right in believing that there are many ways of obtaining health. The method that is best for me might not be best for you; so when one reads health



TAKING THE "COLD AIR" CURE AT THE BATTLE CREEK SANITARIUM.

When properly protected with warm wraps, even the feeble invalid will enjoy sitting or reclining in the open air, even during the coldest weather. These patients are out on the balcony even when the thermometer is at zero.

directions given by others, he should make changes slowly, and with careful observation of effects.

The ability to "prove all things and hold fast that which is good," to study cause and effect, and put into practice the truth which has been learned, these are factors which determine whether we shall be among the world's workers, or whether we shall be weaklings.

(Concluded next month.)



"HE pulls at a long rope who waits for another's death."

FOOD AND COOKERY.

Some New Dishes.

It is something of a task to maintain a



good variety in the daily meals, and while confining oneself to wholesome, easily-digestible articles, to avoid anything like monotony. The housewife will often find

new recipes valuable, not only in themselves, but also by virtue of their suggestiveness. Often a little hint is all that is needed to start one on a new line of discoveries.

GOOD HEALTH will be pleased to receive suggestive recipes from its readers who have been experimenting, and have found some things that they can recommend. The reader who has kindly furnished us the following wishes to be anonymous:

Nut Straws.—Half-cup each of wheatmeal, white flour, and almond meal. Mix well together, then add slowly about one-third cup cold water. Turn on to the paste-board and knead until the dough is smooth and does not adhere to the board. Roll out about a quarter of an inch thick, cut into even sized narrow strips or fingers about six inches long. Bake till crisp and a nice straw colour. Serve on a plate, log cabin fashion. For an invalid's tray, bake a strip of the dough in the shape of a ring, and then fill with the straws, or tie a few in a bundle with a bit of ribbon.

Butter Beans and Tomato Puree.—Steep over night in cold water one pint of butter beans. Remove the skins (which is very easily done with the thumb and finger), and put to cook in boiling water. When reduced to a smooth pulp, add to each cup of the pulp one cup of strained, stewed tomatoes; season with a little butter and salt. Mix well and cook slowly till about the consistency of mashed potatoes. Put into a dish, smooth with a spoon, and garnish with chopped parsley.

Hot Beetroot Salad.—Cut well-cooked beet-roots into half-inch cubes. To each two cups of beetroot add one-half cup water, the juice of half a lemon, a piece of butter half the size of a walnut, and a little salt. Put all together in a saucepan, and boil till the beetroot is well heated, then thicken with a teaspoonful of cornflour made smooth in a little water. Boil up and serve at once.

Tomato Nuttose.—One cup each of peanut butter and strained tomatoes. Two cups *cooked* rice, one-half cup cold water, one tablespoonful cornflour, salt to taste. Blend the cornflour with the water, add to the nut butter a little at a time. Then add the tomatoes, rice, and salt. Mix thoroughly, pour into an oiled tomato-tin, or a stone jam-jar, tie down with oiled paper, and boil three hours.

Mock Poached Eggs.—Split granose biscuit in two, and put into the oven till crisp, but not browned. Place the halves separately on small plates, put half a peach or apricot (tinned ones) on each half biscuit; pour a little of the juice over, and then surround the peach (or apricot) with whipped cream to resemble the white of an egg. Serve at once. Should dairy cream not be available, the following may be substituted: Heat to boiling a half-cup of milk and a spoonful of sugar; thicken with one dessertspoonful of flour made smooth with a little milk. Boil up and at once pour over the stiffly-beaten white of an egg, beating it well.

THE OUTDOOR CLUB.

(Continued from page 271.)

most lovely wooded country. We have also arranged to have our next indoor meeting on Tuesday, January 15th, and to have then a paper on "Botany" by Mr. Eason, one of our members, who is an expert in this particular natural science.

"It was a very enthusiastic gathering, and everybody appeared anxious to help forward the good work. We shall all be missionaries, and I have no doubt whatever that we shall increase in numbers."

Mr. J. Andrews is the president of the Gillingham branch, and Mr. Stanley Andrews the secretary. Any persons in Gillingham, Rochester, or Chatham, or other near-by places, are invited to send a post-card to the secretary, who will be pleased to give full particulars. His address is: 49 College Avenue, Gillingham, Kent.

Members of the North London branch had a fine ramble to Whetstone and back by way of Hampstead Heath. The day was pleasant, with a most magnificent sunset. The evening meeting was held the second Thursday in December, Thoreau's "Walden," especially the beautiful chapter on "Solitude," being the subject of discussion. Mr. H. J. Stone, honorary secretary of this branch, will be pleased to hear from interested persons living in North London. His address is 25 Marriott Road, London, N.

The objects of the Outdoor Club may be summed up briefly as:

Love of nature and the outdoor life, and a desire to get in touch with persons of like sympathies, as well as to make healthy, outdoor ideas to prevail generally.

Any readers of GOOD HEALTH who are in sympathy with these ideas are heartily invited to send in their names for registration, accompanied by one shilling, to the general secretary of the Outdoor Club, 451 Holloway Road, London, N. The names will be entered and numbers issued in the order in which the letters arrive.

THE GOOD HEALTH LEAGUE.

MEMBER'S statement of principles: "I am a total abstainer from alcohol and tobacco; and I desire to learn and to follow the perfect way of life in all that pertains to health and purity."

It was very largely through the energetic help of active members of the Good Health League that our edition of 75,000 copies of the Christmas GOOD HEALTH was practically closed out by the tenth of December. In fact we had to cut down one large order by 1,000 in order to fill some small orders, and have a few hundred copies in hand to use for emergencies.

Now we would appreciate this kind of help as far as possible all through the year, and we appeal especially to members of the League to do all in their power to spread the principles of health by introducing the magazine to their friends, getting newsdealers to sell it, and, in any other way open to them, making right habits of living to prevail.

Miss Chapman, secretary of the Cardiff League, gives the following interesting report of a recent meeting:

"Last night we held our second meeting of the Good Health League. It was a very successful one, and everybody seemed to be highly pleased. Mrs. Asay produced an excellent 'Turkey,' and Mrs. Meredith a good plum pudding. All the guests were invited to partake of the sumptuous feast, and did so with evident pleasure."

The North London branch had a special Christmas programme at their December meeting, in the course of which Nurse Wright gave a most interesting talk on digestion, imparting much useful information in reference to the digestive organs. She will resume the subject at the next meeting, January 27th. Secretary: Mr. E. H. Marsh, 65 Cranleigh Road, West Green, Tottenham.

WE are pleased to announce that the Birmingham Natural Health Society has been affiliated with the Good Health League, and will form the Birmingham branch of that organisation, retaining, however, its own name. Several meetings are held weekly; but it is planned to hold one special monthly meeting, which readers of GOOD HEALTH are especially invited to attend. Full particulars may be obtained of the secretary.

"The Vegetarian" comes to our table month by month with a variety of the brightest and best reading-matter relating to food reform matters and kindred subjects. We heartily commend the magazine to our readers.

"The Race-Builder," one of our valued exchanges, has come out in enlarged form as "The New International Review," and contains month by month a number of interesting articles dealing with social questions.

Gathered Sunshine.



Nuts and Other Natural Foods,

such as Protoben Figs, Unpolished Rice, Raisins, Currants, etc., represent so much gathered sunshine—the rich, flooding sunshine of semi-tropical countries. No wonder they are so vital and so nutritious! We are Nut Experts, and supply only the choicest Nuts and Fruits obtainable. We can also give you valuable hints on

HOW TO USE THEM.

Our new 32-page Booklet, containing 24 simple and original Nut Recipes, and quotations of all our goods, will be sent Free to any address; its varied contents will surprise you. With it we will send free sample of "Cream-o'-Nuts."

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| do. Roasted, 1/- lb. | Butternuts, 10d. lb. |
| Hazel Kernels, 10d. lb. | Pecan Walnuts, 8d. lb. |
| Cashew Kernels, 1/- lb. | Ital'n Chestnuts, 4d. |
| Peanut " 4d. lb. | Seedless Raisins, 8d. |
| do. Roasted, 6d. lb. | Protoben Figs, 8d. lb. |
| Shelled Walnuts, 1/- lb. | Unpol. Car. Rice, 7lb. 2/- |
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QUESTIONS AND ANSWERS

Our correspondents are requested to inclose a penny stamp with their questions, as it is often necessary to answer by post. No attention is paid to anonymous communications.

A Balanced Diet—Dairy Butter v. Nut Butter—Legumes—Fruit in Cold Weather—Turkish Bath Cabinet.—P.E.R.: "Will you kindly give me your opinion upon the following questions through the GOOD HEALTH magazine: 1. Do you think it is necessary to adopt a balanced diet, and take so much proteid a day, calculated upon the body weight? 2. Is it necessary to have about $1\frac{1}{2}$ ounces of fat a day, and from what source ought this amount to be taken? 3. Should more than this amount be taken in cold weather? 4. According to Dr. Kellogg, free fat hinders the digestion of starch and albumen. Would you, on this account, advise me to discontinue dairy butter and other free fats, and substitute milk, dairy cream, nuts, and nut butters? 5. Would you recommend nuts and legumes to be taken, and, if so, in what quantity; or would you recommend milk, eggs, and Plasmon as the proteid basis? 6. Fruit is said to cause flatulence, according to its acidity, if taken at a meal with bread, cereals, and other starchy foods. Would you advise its being eaten an hour or so before meals instead of with meals? 7. Do you agree with the idea that fruit should not be eaten in cold weather on account of its acids causing the retention of uric acid in the system? 8. It is also reputed to cause chilblains. Is this so? 9. Do you think the use of a Turkish bath cabinet is a good thing if it is the cause of a weak feeling the next day, when it is recommended to strengthen the system?"

Ans.—1. Yes, we are in favour of a balanced diet in general, but do not advocate the weighing of quantities before eating. One can approximate the required amount of proteid according to body weight, and eat accordingly. 2. Yes, it is desirable to take about an ounce and a half to two ounces of fat a day, but in reckoning this quantity, one must keep in mind that most foods contain more or less fat. Even bread has a slight percentage of it. A good source from which to obtain fat in its purest form may be found in nuts and nut foods. It can also be obtained from milk, cream, and butter. 3. Yes. 4. Yes. We prefer fresh dairy cream or almond cream, to dairy butter, especially if it is found that they agree better with the individual. 5. Unless legumes are thoroughly cooked, which means thorough boiling for several hours and afterwards baking, to render them easy of digestion, they are better left alone. In any case they should be taken in strict moderation. We prefer nuts and nut preparations. Yes, if they come easier to your hand, and are fresh and wholesome, but we do not believe it is well to depend for one's proteids on eggs, milk, and Plasmon only.

Variety is necessary, not at a single meal, but distributed over the daily rations. 6. In our opinion, it is usually best to take fruit with, not between, meals. 7. No, we do not agree with the theory that fruit should not be taken in cold weather. 8. No. 9. No. But it may be that you took the bath too soon after a meal, or stayed in them too long, or you may have omitted to have a sponge with cold or tepid water afterwards. Any hot treatment should be followed by a brief cool or cold application.

Sweating of the Feet.—T.S.: "My feet get very hot and sweaty, and they feel painful at times. There is also an offensive smell when I take off my stockings. What treatment would you suggest?"

Ans.—Soak the feet alternately in hot and cold water morning and evening for a fortnight or a month. Keep them in the hot water for three minutes, then remove and place in cold water for half a minute. Repeat five or six times, then dry them out of the cold water and dust with borated talcum powder.

Dentrifice—Vibrator.—F.M.: "1. Is Odol a good dentrifice? 2. Do you think the use of a vibrator would be helpful in preventing loss of hair? 3. Would the presence of sulphur in the air of Harrogate cause the hair to fall out?"

Ans.—1. Yes. Arpax is a very good preparation to use for the teeth. 2. Yes. Most of the hand vibrators require strenuous labour in their application, and this you ought to bear in mind before getting one. 3. No, we think not.

The Good Health Adjustable Bodice



Affords ease, comfort and health. Retains the symmetry and grace of the natural form. Its use will add years of pleasure to a woman's life.

It does away with the corset. Supports all garments without harmful pressure. No stays to break. Thousands have been sold, and are giving excellent satisfaction.

Send for circular and prices to the Sole Agents: **Good Health Supply Dept.**, 451 Holloway Road, London, N.



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CATERHAM, SURREY.

THE location is delightful, being about 450 feet above sea level, in the beautiful valley of Caterham, surrounded by the picturesque hills of Surrey; the air is pure and bracing, and the water excellent. Situated within five minutes' walk of the Caterham Station, on the S. E. Railway, with an hourly service of trains from Charing Cross, Waterloo, Cannon Street, and London Bridge, the Institution is remarkably easy of access, while it is sufficiently far from London to be out of range of the fogs and smoke of the metropolis. The treatments consist of

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MASSAGE AND MANUAL SWEDISH MOVEMENTS.

ELECTRICITY AND VIBRATORY MASSAGE.

DAILY DRILLS IN PHYSICAL CULTURE.

With a carefully regulated and classified Dietary.

Sound health of body and mind is the fruit of obedience to natural laws. Health is largely the result of physical right-doing and correct training. Experience has demonstrated that chronic invalids of all classes, many of which are considered incurable, can be trained back into health by scientific regimen combined with suitable hyriatic measures, electrotherapy, phototherapy, massage, Swedish movements, Swedish medical gymnastics, and in short, by the use of what has been aptly called Physiological Therapeutics. Incurable and offensive patients are not received. The establishment affords facilities for quiet and rest, with skilled nursing and medical care and everything an invalid needs.

For further information, rates, etc., apply to . . .

THE SANITARIUM, CATERHAM, SURREY.

In answering advertisements kindly mention "GOOD HEALTH."

GOOD HEALTH.

An Illustrated Monthly Magazine Devoted to Hygiene and the Principles of Healthful Living.

EDITED BY
ALFRED E. OLSEN, M.D.
M. ELLSWORTH OLSEN.
(Managing Editor.)

Address all business communications to
GOOD HEALTH, 451 Holloway Road, LONDON, N.,
and all editorial correspondence to the Editors, same address.
Telegraphic address, "Uprising, London."

GOOD HEALTH may be ordered through any newsdealer. Yearly Subscription, post free, 1/6.

Indian Edition: Yearly subscription, post free, Rs. 2. Indian Office, GOOD HEALTH, 39/1 Free School St., Calcutta.

West Indian Edition: Price, 3 cents per copy. West Indian Office: International Tract Society, Port of Spain, Trinidad; and Kingston, Jamaica.

S. African Edition: Yearly subscription, post free, 2/6. Office: 56 Roeland St., Cape Town, S. Africa.

PUBLISHERS' NOTES.

It is with pleasure we call the attention of our readers to the newly opened restaurant at 132 St. Vincent Street, Glasgow, known as "The Arcadian Food Reform Luncheon, Tea, and Dining Rooms." From the sample menus sent us, we cannot but form a high opinion of the place, the success of which is further assured by the fact that it is under the proprietorship of Messrs. Moffat and Clark, strong and consistent supporters of food reform principles.

PEOPLE who pity food reformers because they omit flesh foods from their dietary seldom appreciate how many excellent fruit foods an intelligent fruitarian has access to. One of the comparatively new acquisitions is Mr. Winter's pine-nut, *Nutton*, a food exceedingly rich in proteids and of a delicate, meaty flavour, which can be eaten cold just as taken from the tin, or used in any way in which meat is ordinarily used. The price is reasonable, and the food is at once palatable and easy of digestion. It should be a great boon to the dyspeptic.

WE regret to announce that the Drs. F. C. and Eulalia Sisley Richards have left England, in response to an urgent call, to connect with our Sanitarium and health work in Australia. They sailed Dec. 22nd on the steamer *Persic*. Dr. Richards was too much crowded with the preparations for his departure to write the closing article in the series on the Causes and Prevention of Cancer, but will send it on after arriving in Australia. Both he and his wife have kindly promised to remember GOOD HEALTH with occasional contributions. We shall miss them very much in this country, but we have no doubt their services will be highly appreciated in Australia, whither our best wishes will follow them. The Leicester Sanitarium will be under the superintendency of Dr. A. B. Olsen, while Mr. and Mrs. William M. Scott, graduate nurses from the Caterham Sanitarium, will have immediate charge of the place.

LIGHT PASTRY.

If you wish to make lighter pastry, and make it more quickly send to your grocer at once for a 7d. or 3½d. packet of Brown and Polson's raising powder

"Paisley Flour."

Trade Mark.

For plain pastry take a dessertspoonful of Paisley Flour to a quarter pound of flour, and mix well before making the dough. Result: Pastry that is crisp and light, and that does not get doughy when cold.

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SOLD IN 1/- & 2/6 TINS,
AND 4d. PACKETS,

BY ALL CHEMISTS, GROCERS, and
STORES.

"An excellent Food, admirably adapted to the wants of infants and young persons."—**Sir Chas. A. Cameron, C.B., M.D.,** Professor of Chemistry, R.C.S.I., Medical Officer of Health for Dublin, City and County Analyst.

The Medical Magazine says:—"Remarkable nutritive value in many cases of debilitated digestion amongst adults, especially during convalescence from acute diseases, . . . readily assimilable, easy of digestion, and acceptable to the taste of the most fastidious."

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GOLD MEDALS, LONDON, 1900 and 1906.

Over 80 Years' Established Reputation.

Purveyors by special appointment to
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A Seaside Home

Conducted on Food Reform principles.

Delightful location, near the chimes, pleasure gardens, and town.

Highest recommendations.

Accommodations exceptional, including facilities for the electric light bath, Russian and shower baths and skilled massage.

Charges—moderate.

Write for terms, mentioning **GOOD HEALTH.**

**Mrs. Hutteman-Hume, Loughtonhurst,
West Cliff Gardens, Bournemouth.**

ASK FOR MAPLETON'S NUT FOODS.

From all Health Food Stores and high class Grocers. Send for Price List post free from the manufacturer, **Hugh Mapleton, 2 & 3 Dolphin St., Ardwick, Manchester.** Also at Hamburg, Leeds and Bristol.

NAME THIS PAPER.

In answering advertisements kindly mention "GOOD HEALTH."

THE LATEST WONDER. AN OIL WITH A SWEET FLAVOUR.

For a Robust Constitution and for a smooth skin, clear, and proof against the cold, abstain from Medicines and Impure Fats, and use



VIGAR.

OIL OF HEALTH and VIGOUR.

VIGAR OIL MEANS VIGOUR ALL.

A Food Manufactured from the Finest Nuts, Far Superior to Cod Liver Oil.

A Perfect Aid in Developing Muscle and Brain. The Great, Pure Tissue Builder.

May be taken night and morning, or at any meal. The ideal Oil for Salads and the Cruet. Very beneficial also for outward application.

A WONDERFUL HEALER.

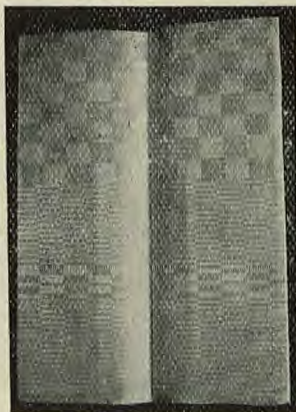
1/- and 2/- per Bottle. Post free, 1/4 and 2/6. SAMPLE BOTTLE, POST FREE, TWO STAMPS.

"PITMAN" HEALTH FOOD STORES,
188 & 189 Corporation St., Birmingham.

Illustrated catalogue of health foods, etc., 88 pages, with copy of "Aids to a Simpler Diet," post free, two stamps.

HAND LOOM HOUSEHOLD LINENS.

Tablecloths, Sheetings, Towels, etc.



In buying those you are assisting an ancient "Home Industry," and have the additional satisfaction of possessing household linens unsurpassed for appearance and durability.

Hand Loom Tablecloths

Specially suitable for Kitchen, Hall, and Breakfast use.

UNBLEACHED.

72 x 72	5/6.
72 x 90	6/9.
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7/6.
9/-.
10/6.

I shall be pleased to send samples of these carriage paid.

JAMES WINTER, Linen Manufacturer,
Cortachy, Kirriemuir, N.B.

THE Pitman Vigar Cream butter, for table use, has a delicacy of flavour which is unique. We have no doubt many will find it actually more palatable than the best dairy butter.

MESSRS. HALL & SONS, LTD., manufacturers of the Good Health Boot (47 Bishopsgate Street Within, E.C.), also make and sell a large variety of sandals and other kinds of hygienic footwear. We have pleasure in recommending their goods.

THE International Health Association, of Legge Street, Birmingham, have scored a success with their two new products, Hazelnut Protose and Pinenut Protose. These excellent proteid foods will doubtless win favour amongst a large number of people as substitutes for flesh meats. Protose No. 1 has had a large sale extending over a number of years and may continue to be preferred by some customers, but there can be no doubt that the new products will attract a large number of fresh customers. Any readers of GOOD HEALTH who have not procured one of the shilling parcels of samples from the International Health Association should do so without delay. Cereal foods and biscuits manufactured by this firm are giving excellent satisfaction in many homes throughout the kingdom, while malted nuts, bromose, and nuttolene are nut foods of unique value.

Ladies are advising their Friends to get the . . .

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For Health! Economy!! and easy to dress.

Nun's Veiling Day Gowns, Hand-tucked Skirts, Yokes trimmed Soft Lace; Soft Saxony Flannel Blankets and Night Gowns, Fine Silk and Wool Vests, Turkish Napkins.

58 GARMENTS FOR 58/-



Special! for Short Clothing. Fine Cashmere Frocks, yokes arranged to allow for growing, "Hand made," 7/6 each, or in Nun's Veiling, 4/11 each.

Booklet free from "NURSE INA,"
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Most wholesome and nutritious bread to be obtained from choice wheat.

Order Reynolds' wheat-meal bread from bakers and stores everywhere.

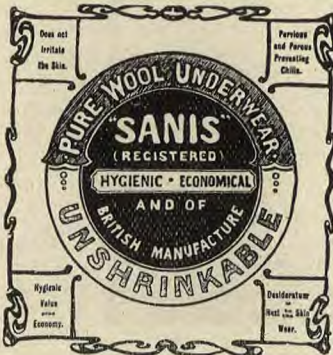
Or write: Reynolds & Co., Ltd.,
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"Sanis" Underwear

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The Perfectly Healthful Underwear.

Protective against chills.
Remember prevention is better than cure.



The fabric is of the purest fine Colonial Wool. Porous, Pervious, and non-conductive of heat, allowing the noxious vapours to escape from the skin. It gives a sense of SAFETY and COMFORT during and after violent perspiration. Unshrinkable. Descriptive pamphlet sent free on application to

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79 & 81 Fortess Road, London, N.W.

Good Health School of PHYSICAL CULTURE.

From the members:—

- "I have much enjoyed the course and feel greatly benefited."
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- "Your opening remarks and advice commend themselves to one's common sense."
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- "The help received has made me a thorough con-

Full particulars for stamp.
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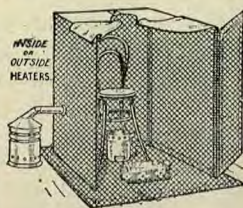
Bath, the most Powerful Health Agent ever known. The "Gem" 30/- Bath (which you can fold up and take with you anywhere) cleanses and vivifies the system, harmonises the metabolic processes, builds up health, and banishes disease. With health comes efficiency, the ability to work well, the capacity for rational enjoyment.

Premature old age, stiffness, rheumatism, gout, indigestion—a thousand ills are prevented by use of the "Gem" Bath. It eliminates waste matter, the products of fatigue, and simultaneously oxygenates the blood, and braces up the whole system.

It is the salvation of the man who is no longer active, because it is the best substitute for that exercise which is indispensable to continued health.

Bald, gouty, rheumatically, prematurely old, you may not be able to smile, but it is never too late to mend. From youth to old age the "Gem" Bath is the most potent Health Agent that medical science has yet produced. Don't hesitate. Send

at once for one of these invaluable Cabinets, and be prepared for the winter. Remember winter chills mean winter ills; a sure preventive is a bath once a week at a cost of a penny in the Gem 30/- Cabinet. Hot Air, Steam, Medicated or Vapour Baths can be prepared in a few moments. Doctors and Health authorities use and recommend them. Valuable 100-page booklet free on mentioning **GOOD HEALTH**. The "GEM" Supplies Co., Ltd., (Dept. G.H.), 22 Pear-tree Street, Goswell Road, London, E.C.



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BY YOUR EDITOR.**



Plenty of healthy outdoor fun can be had with one of these motor cars, going rapidly down a slope. It is safe, too, for the brakes are good. Any boy wishing to have one free should send 3d. for postage on samples of M'Clinton's soaps, and ask for a booklet explaining how to get the car.

M'Clinton's Soap is made from pure vegetable oils and the ash of plants, and is therefore the mildest in the world. Send at once to **D. Brown & Son, Ltd., Donaghmore, Tyrone, Ireland.**

**The Oldest Health Food Stores
in the United Kingdom.**

C. J. Bilson & Co.,
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Importers of, and Dealers in
**Dried Fruits, Nuts, & Colonial
Produce.**

NEW CALIFORNIAN DRIED
APRICOTS, PEACHES, PEARS.
All kinds of DATES, FIGS, Etc.
Nuts of every description, Shelled, and
Nut Meals.

BILSON'S COKERNUT BUTTER,
which is a splendid substitute for the
ordinary Dairy Butter for cooking, is
perfectly wholesome, and of a delicate
flavour. **8d. per lb.,** carriage forward.
SAMPLE TIN, 6d., post free.

Agents for the **IDA NUT MILL**, which is the
best Mill ever offered for grinding all kinds of
Nuts, Cheese, etc. 1/6 and 3/6 each.

Agents for all health foods. Send for price list.

In answering advertisements kindly mention "GOOD HEALTH."

LITERARY NOTES.

"In the Shadow of the Crescent," by J. Alston Campbell, F.R.G.S. A book of missionary travels in Armenia. The writer says in the preface that his "chief object in writing this book has been to awaken the sympathies of the Christian nations of the West on behalf of a helpless and suffering people, and in addition to recount his personal experiences of the faithfulness of God." Travelling through the country as "a plain, ordinary man," he was able to mingle freely with the people, and obtain first hand knowledge of the real situation. The book is written in a pleasing style, abounds in graphic descriptions of oriental manners and customs, and can hardly fail to commend itself to a large class of readers, especially those who are interested in the Turkish-Armenian problem. Following are a few specimen chapter heads: "How I Came to Go," "Life in a Turkish Town," "A Visit to Villages," "Hairbreadth Escapes," "A Town of Terror," "The Woes of the Women," "Things that are Always Going On," "Sojourns amongst Syrians," "Dangers and Difficulties," "What Can Be Done?" There are 240 pages of text, printed in clear type on a good quality of paper, and illustrated with a selection of fine half-tone engravings. Published by Marshall Brothers, Paternoster Row, London, E.C.

We can now supply Vol. IV. of GOOD HEALTH nicely bound. Price 2/6, post free. GOOD HEALTH, 451 Holloway Road, London, N.

Our Fruit Wafers

have long been favourably known as palatable health biscuits. We have recently invented a unique process of combining and preparing fruits, with the result that our

New .. Fruit Wafers

are even more tasty than before; and we make no undue claim when we say they are the most palatable health biscuits ever prepared.

Easily digested. Nutritious. **TRY THEM!** They're sure to please you. Sold at all Health Food Stores at 8d. per 1 lb. pkt.

Send post-card for complete price list of our Health Foods.

INTERNATIONAL HEALTH ASS'N.,
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NEWCASTLE On Tyne DEPOT.

"Good Health" Foods.

THE OLD, ESTABLISHED GROCERY,
26 CLOTH MARKET.

IXION INFANT FOOD

IS ONE OF FOUR
GOOD THINGS.

IXION INFANT FOOD is
the latest of the well-known IXION
HEALTH FOODS.

IT is as perfect a food as nature and art together can provide, consisting as it does of the whole wheat berry, nothing added, nothing abstracted, but scientifically cooked and prepared in a digestible form, complete with all its natural proteids and phosphates for the building up of nerve, bone and muscle.

From Health Food Stores, Grocers, etc., or 4/6 per $\frac{1}{2}$ doz. 1 lb. tins, Carriage Paid. Smaller quantities, 9d. per tin, postage extra. Sample post free for 2d. stamps, direct from

WRIGHT & CO.,
VULCAN STREET, LIVERPOOL.

THE RESTAURANT

4 Furnival St., Holborn, E.C.

(Opposite Prudential Buildings.)

Is the most advanced Vegetarian Restaurant in London. Nut preparations and various Health Foods, fresh fruits and salads, always on the Menu.

1/- Ordinary Three Courses
and Lemonade.

The finest Sixpenny Teas in London served after 5.30.
(Oooca or Brunak served instead of tea if desired.)

Open from 9 a.m. to 8 p.m.; Saturdays, 7 p.m.
June, July, August, September, Saturdays, 4 p.m.

In answering advertisements kindly mention "GOOD HEALTH."

PERHAPS

known articles offered in

you have been taking GOOD HEALTH for some months and have never tried any of the various health foods. You may be quite satisfied with your present diet, or possibly you have felt reluctant to experiment, there being such a large variety of un-

PERHAPS

Health Biscuits that I am manufacturing. Recently some missionaries took a supply of these biscuits with them on a long sea voyage. This is what they write: "Those biscuits have been just the right thing; especially one or two days in the Bay of Biscay, when our boat went sort of 'wipsy-wopsy,' they were appreciated more than ever." There are several varieties of these biscuits. The ones referred to in this quotation are sold at only 4d. per pound, a price often paid for a very inferior kind of biscuit. These are made of the purest, most wholesome materials, and they are thoroughly palatable, as well as easy of digestion. The prices range from 4d. up to 8d. per lb.

PERHAPS

you have read the "Jungle," and it has occurred to you that if a thorough investigation were made into our own slaughter-houses similar revelations might be made. Very likely you have decided that if you could get a food which would contain all the strength-giving qualities of flesh without its gross impurities you would be glad to use it instead of the more than questionable meats that are on the market. I wish you would let me send you a sample of my **Nutton**. It is of more delicate flavour than any flesh food, and can be used in a variety of ways, the same as meat. Those who have tried it find it perfectly delicious. It has much the same fibre as meat, and all its good qualities without any of its bad ones. It agrees with many who cannot take the ordinary nut foods. It does not contain peanuts, and is absolutely free from any trace of uric acid. I should be glad to send you a liberal sample for 3½d. in stamps. I have five different varieties of Nutton made from different sorts of nuts.

PERHAPS

you would like something dainty and substantial to take the place of harmful sweets. I can supply you such an article in my **Fruitarian Nut Sandwiches**, which are acknowledged to be at once delicious and perfectly wholesome. Another excellent substitute for the sweets would be **Prunus**, sold in caramel or powder form, and constituting an excellent food with which to withstand the cold and put on flesh. Samples of either, 3d., post free.

These are only a few of my specialities. In my price list, which will be sent post free to any address, further particulars are given concerning these foods and a number of other valuable preparations. The fundamental principles governing the manufacture of my foods are **Exquisite Cleanliness, Absolute Purity, Digestibility, and Palatability**. All readers of GOOD HEALTH are heartily invited to come and inspect my Stores at the City Arcades, where health foods of all kinds are always in stock, as well as the best fruits, fresh and dried, and nuts. There is also a restaurant at which luncheons and teas are served. Come and see for yourselves, but in case you are not able to do so, do not fail to send for my price list, which is free on application. Please mention name of your grocer or health food storekeeper. Agents wanted.

R. WINTER, Pure Food Factory Stores,
City Arcades, Birmingham.

LITERARY NOTES.

"To Norway for Health," a scientific account of the peculiar advantages offered by the Norwegian climate, with special reference to the inland health resorts of Norway, prefaced by Yngvar Nielsen, Ph.D. An attractive pamphlet, illustrated with some fine half-tone engravings, and giving important information in reference to Norway as a health resort. Professor Nielsen writes in the preface: "Every summer for nearly half a century, I have wandered about, all over Norway, for weeks and months at a time, in the valleys, along the fjords, and over the mountains. Each time I have returned to my work with renewed energy, like one who has taken a new lease of life. Again and again I have experienced the marvellous health-restoring properties of the Norwegian climate, and all the other people that I have met in summer, wanderers like myself, would tell you that they have had the same experience." Full particulars concerning the pamphlet can be obtained from John Sorensen, p.t., Tofte Sanatorium, Gudbrandsdalen, Norway.



THE Temperance Collegiate Association recently held a meeting at Caxton Hall, Westminster, at which a demonstration lecture was delivered by Mr. Walter N. Edwards, F.C.S. The meeting was opened by Dr. V. H. Rutherford, M.P. Dr. Edwards dealt with alcohol in a scientific way, showed that it was an important liquid, but its uses were outside and not within the human body. The hon. assistant secretary of the Metropolitan Auxiliary is Mr. P. L'h Boitel-Gill, 70 Moring Road, Tooting Common, S.W., who will gladly supply full particulars of the Association upon application. The president of this Association is Professor G. Sims Woodhead, of Cambridge, whose splendid work in behalf of temperance is well known to our readers.

BIRKBECK BANK

ESTABLISHED 1851.

SOUTHAMPTON BLDGS., HIGH HOLBORN, W.C.

2½ per cent. INTEREST

allowed on Deposit Accounts Repayable on Demand.

2 per cent. INTEREST

allowed on Drawing Accounts with Cheque Book.

Stocks and Shares bought and sold for Customers, Advances made and all General Banking Business transacted.

ALMANACK, with full particulars, POST FREE on application. C. F. RAVENSCROFT, Secretary.

"GOOD HEALTH" STORES,

19 Stroud Green Rd., London, N.

Conducted by **MISS N. MUSSON.**

Agent for the International Health Association's foods, and all other health foods.

... ALSO FOR ...

Musson's Wholemeal Specialities.
All Health Magazines.

MAXWELL'S PURE FOOD STORES,

863 FOREST RD., WALTHAMSTOW,
LONDON, N.E.

Pure Dandelion Coffee, Dandelion Root only, roasted and ground. 1/10 per lb. Agrees with dyspeptics.

Cooking Oils, Pure Olive Oils, Vegetable Soaps.

Maxwell's Pure Vegetable Cocoanut Butter

for the breakfast table, for pastry, and for all dishes where fat is required. As fine a flavour as any vegetable butter on the market, and second to none. **7d. per lb., if ordered with other goods.**

Price List gratis. Goods value 15/- sent carriage paid within fifty miles of London. Over that distance anywhere in Great Britain, sixpence extra charged for carriage on each order for £1 or under.

Write for any of the well-advertised vegetarian foods. Usual prices for proprietary foods.

Substitute for Tea and Coffee.

We will not dilate upon the injurious effects of tea and coffee upon the nervous system and organs of digestion. They are well known by every intelligent person, though too often disregarded until, perhaps, too late to repair the mischief caused.

But we will offer you something better from every point of view.

CARAMEL CEREAL, as its name implies, is prepared from cereals so blended as to produce a healthful and refreshing beverage. It is also nourishing, and helps to produce a clear, fresh complexion. Caramel Cereal is easily made and does not spoil by standing.

Delicate in Flavour. Give Caramel Cereal a ten days' trial. Let it take the place of tea, coffee, and cocoa, and you will experience the relief that has come to thousands who have made the experiment before you.

Sold in 1 lb. canisters, 10½d., at all Health Food Stores.

Send post card for complete price list of our Health Foods, and address of nearest agent.

International Health Association, Ltd.,
Legge Street, Birmingham.



In answering advertisements kindly mention "GOOD HEALTH."

PUBLISHERS' NOTES.

NEXT month GOOD HEALTH will contain the following among other interesting features:—

"**Hope for the Discouraged Dyspeptic,**" by Miss Gertie Wright. "**The Rational Cure of Disease,**" by Dr. A. B. Olsen. "**Head-aches: Their Cause and Treatment.**"

THE Seventeenth Universal Cookery and Food Exhibition, held at the Royal Horticultural Hall, November 27th to December 1st, 1906, was a splendid success. The work of this organisation in encouraging higher ideals in cookery is most commendable.

THE London Vegetarian Association held a Yuletide Festival and Christmas party at the Memorial Hall, Farringdon Street, London, December 15th. It was opened by Lady Alfred Turner, Mr. C. W. Forward acting as chairman. There were many attractive features which seemed to be enjoyed by the large number of people in attendance. The displays of vegetarian food were especially fine.

"**Pasteurism in India,**" by Sir James H. Thornton. Published by the Humanitarian League, 53 Chancery Lane, London.

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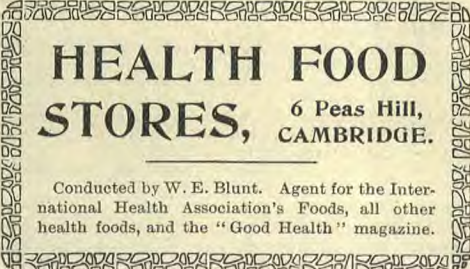
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